



JASON REID

Speaker on Chronic illness and Disability

416.712.9563 jason@jasonreid.ca

Chronic illness and invisible disability are topics that Jason Reid knows well. Despite having lived with Crohn's disease and arthritis all of his life, Jason built an impressive career in network television as a writer, producer and executive. Now he shows audiences how to overcome adversity, succeed in the face of illness, and effectively manage people with chronic diseases in the workplace.

Chronic illness and invisible disability are serious topics. In order to get an audience truly engaged however, you need a presenter who has just the right balance of tact, humour and humanity.

Jason is uniquely suited to talk about chronic illness, disability and work. He has been on both sides of the fence, as an ill employee and also a manager of others.

Jason's life and work have exemplified two key ideas which he covers in his talks. The first is that chronic conditions should never get in the way of having hopes, and living out dreams. It's only when we stop striving to live our best lives that our situation truly becomes helpless.

The second key idea is that chronic illness in the workplace is best dealt with through understanding, flexibility and diversity of thought. The most effective work accommodations are often the least expensive and can ideally lead to improved working conditions for everyone.

Jason's sense of humour and compelling personal stories have made him a favourite with a wide range of audiences – from people living with adversity, to health professionals, HR audiences, business organizations and more.

Who is Jason Reid?

Jason is much more than just a speaker with an invisible disability. Despite his significant health challenges, Jason has been a successful journalist, TV executive, award-winning story-editor, and professional speaker.

Having been diagnosed with both Crohn's disease and arthritis at eight years old, Jason has endured five major surgeries, as well as a hip replacement and an ileostomy. Like many people with invisible disabilities, Jason has to regularly cope with chronic pain and the unpredictable nature of chronic illness itself.

Thankfully, his ambition and resilience match his challenges. He began his career as a journalist and screenwriter and eventually moved to television news where he was not only a writer, but also a producer and news director at *The Weather Network*. He was won prominent broadcasting awards including the RTNDA diversity award for network television, Two New York Festivals World Medals and a Telly award. He is currently

Jason is also author of the book *Thriving in the Age of Chronic Illness – A guide for people with chronic health conditions and the organizations that employ them.*

To see Jason speak and for more information go to:
chronicillnesskeynotespeaker.com

“Thank you so much, Jason – It was an incredibly impactful session. You have continuously been so accommodating, cooperative, and just a pleasure to work with!”

C. McKelvey, T.D. Bank Group



Jason’s programs can be customized to suit your needs. Here are a list of popular talk topics:

You Don’t Look Sick - Overcoming the stigma of chronic illness and invisible disability (keynote)

This program is perfect for:

- People with invisible disabilities
- People with chronic health conditions
- Teachers, employers and health professionals

The audience will learn:

- The three key ways that chronic illness differs from our traditional view of "sickness".
- Why people with chronic illness are forced into behaviours which are damaging to them in order to avoid stigma and satisfy other people that they are "truly sick".
- How to better educate and communicate the reality of chronic illness to others including family, friends, health professionals and employers.

Overcome Adversity by Aiming Higher (Keynote)

When we face life obstacles such as long-term illness, we often withdraw and avoid activities that build personal growth. There are times when that work promotion, new project or personal challenge is just what we need to add energy and vitality to our lives and add value to those we serve.

Jason takes you on an inspirational journey filled with funny and emotional true-life stories to show you what



is possible in even the worst of times when you take responsibility for inspiring yourself and others.

Thriving in the Age of Chronic Illness – Keynote or Workshop

Engaging employees with chronic health conditions and invisible disabilities.

Government statistics show one in three working-aged adults have at least one chronic health condition and that number is rising dramatically each year.

Yet, the unpredictable, invisible and long-lasting nature of these illnesses is rarely acknowledged - leading to miscommunication, ineffective policies and barriers to accommodation.

Jason combines powerful personal stories with leading research to explain the mindset needed for organizations and individuals to succeed in this new age of chronic illness.

Attendees will learn:

- The three key ways chronic illness and invisible disability differ from traditional illnesses.
- How to build trust and open communication while navigating the tricky tightrope around privacy.
- Examples of effective employee accommodation.

“Jason brings a professional, warm and inviting approach to his talks.

He is reliable, authentic and a pleasure to work with.”

Elaine Austin, Canadian Manufacturers & Exporters